



Sea buckthorn juice : 10+ beneficial properties of a delicious medicine

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Abstract. The bright yellow berries of sea buckthorn, as if clinging to the thorny branches of the bush on all sides, for which the plant got its name, have a pleasant sweet and sour taste and a peculiar aroma, vaguely reminiscent of pineapple. It was this taste similarity that gave the fruit another original name - *Siberian pineapple* . It is also one of the richest plants in vitamins and microelements since time immemorial and has been widely used in Chinese and Tibetan medicine to this day. After all, literally everything in it is healing - from roots to seeds. For example, the bark is a rich source of serotonin ^[1], the happiness hormone. ^[2] According to scientists, there is 1000 times more of it than in bananas or chocolate! But the fruits of the plant are no less valuable. Healthy and very tasty juice is squeezed out of them, and healing sea buckthorn oil is prepared from the cakes.

You can also find sea buckthorn juice on the shelves of modern supermarkets. But most often, such a drink contains sugar and other preservatives, which reduces its health value. Therefore, to obtain the most healthy fresh juice , it is recommended to prepare it yourself from fresh berries.

Key words: sea buckthorn , sea buckthorn juice , beneficial properties, contraindications, composition, calorie content

Composition and calorie content

Sea buckthorn fruits, and, accordingly, juice, do not have too many calories (84 kcal), up to 6% carbohydrates, almost the same amount of fat and less than 1% protein. But at the same time, the product has a unique chemical composition - the bright sunny berries contain almost all the nutrients

found in nature, for which nutritionists even nicknamed sea buckthorn the “vitamin bomb”. And there is a reason! In particular, sea buckthorn juice is rich in the following vitamins and microelements:

- Vitamin C ^[3], which is 10 times more in sea buckthorn fruits than in lemons (about 400 mg per 100 grams of product ^[4])! It is noteworthy that the concentration of the vitamin does not decrease even after the process of freezing berries or products derived from them, in particular juice. Ascorbic acid, a powerful antioxidant, stops the aging process, triggers the body's production of its own collagen and improves the condition of the epidermis ^[5]. Ascorbic acid also improves immunity ^[6], prevents the development of scurvy and periodontal disease, and, as research shows, is very effectively used in the prevention of cancer. ^[7]
- B vitamins. For example, niacin, or nicotinic acid, which is rarely found in nature, normalizes cerebral circulation and improves cognitive functions, is successfully used in the treatment of Parkinson's disease and Alzheimer's disease, multiple sclerosis ^[8], stabilizes cholesterol levels in the blood and reduces the risk of developing atherosclerosis (can even be used as a substitute for statins in patients intolerant to the latter ^[9]), shows good results in the treatment of erectile dysfunction.
- Vitamin E, or tocopherol. This antioxidant, beneficial for the human body and responsible for beauty and reproductive properties, is practically not found in products of animal origin. It is usually found in fruits and vegetables. ^[10] Sea buckthorn is especially rich in vitamin E. Beneficial fat-soluble microelements, such as tocopherol, prevent the development of cholesterol plaques, which reduces the risk of strokes and heart attacks, regulates the production of sex hormones and normalizes reproductive health - stabilizes the menstrual cycle, ensures normal formation of the placenta and fetus during pregnancy, and maintains health in men prostate gland, improves sperm motility, which increases the chances of fertilization. Numerous studies show that vitamin E is successfully used in the prevention and treatment of Alzheimer's disease and other neurological diseases. ^[eleven]
- Also, in the composition of sea buckthorn fruits you can find many useful micro- and macroelements (sodium, magnesium, calcium, manganese, silicon, etc.), various organic acids (quinic, malic, oxalic, tartaric, citric, succinic, etc. ^[12]).

Sea buckthorn juice also contains tannins (providing antimicrobial, anticarcinogenic ^[13], anti-inflammatory effect, reduce the severity of COVID-19, in particular, the pneumonia caused by it ^[14]), carotenoids (counteract oxidative stress and promote healthy aging and longevity ^[15], increase “good” cholesterol, which prevents the development of heart disease -vascular diseases), coumarins (pain relievers, help reduce fever, have antibacterial activity, almost on par with antibiotics ^[16], prevent excessive blood thickening), etc.

Top 11 beneficial properties of sea buckthorn juice

1. Improves cardiovascular health

Possessing high antioxidant properties, sea buckthorn juice helps reduce cholesterol levels in the blood, which has a beneficial effect on the condition of the heart and blood vessels - the risk of developing such dangerous diseases as heart attack, stroke, etc. is reduced ^[17]

2. Has antidiabetic activity

It has been proven that systematic consumption of natural, without added sugar, sea buckthorn juice helps to quickly reduce blood glucose levels, which has a positive effect on the health of patients suffering from type 2 diabetes. ^[18,19]

3. Helps reduce weight

Sea buckthorn is a rich source of unique flavonoids , particularly isorhamnetin . Experiments show that with the systematic use of products containing this active ingredient, you can prevent the risks of developing obesity and quickly remove extra pounds. ^[20]

4. Has antimicrobial properties

In the course of scientific research, it was possible to establish that sea buckthorn is a berry with high antimicrobial activity. ^[21] That is why healing sea buckthorn juice is often included in special wound-healing and anti-inflammatory ointments. It helps in the treatment of ulcers, burns, various wounds and eczema, accelerates the healing of damaged tissue, heals and smoothes the skin.

5. Helps fight helminths

It is known that some juices, in particular fresh juice pressed from sea buckthorn berries, have good anthelmintic activity (effective in the fight against gastrointestinal nematodes and roundworms). ^[22] This unique feature of this tasty drink allows for systematic antiparasitic prevention for the whole family, without the use of chemical (not always safe for health) pharmaceutical products.

6. Has anti-carcinogenic properties

Sea buckthorn, which contains in abundance a wide variety of nutrients and biologically active substances (vitamins, carotenoids , flavonoids , amino acids, etc.), has high antitumor properties - it helps to prevent and stop the development of oncological processes. ^[23] Sea buckthorn juice is also recommended to be consumed during the treatment of oncology in order to alleviate and eliminate the symptoms of mucositis ^[24] - acute inflammation of the oral mucosa resulting from radiation or chemotherapy.

7. Restores natural intestinal microflora

Sea buckthorn juice, rich in polyphenols, has a beneficial effect on the intestinal microflora, saturating it with beneficial bacteria and microorganisms ^[25] , which improves the functioning of the gastrointestinal tract.

8. Shows hepatoprotector properties

Scientific research shows that sea buckthorn is also successfully used for the prevention and treatment of liver diseases ^[26] - it improves metabolic processes, normalizes the production of enzymes, improves the excretion of bile, protects against harmful factors, cleanses from toxins and waste, and also shows good results in therapy non-alcoholic fatty liver disease. ^[27]

9. Good for women's health

Flavonoids contained in sea buckthorn berries, in particular myricetin , apigenin and luteolin , are powerful antioxidants and, as experiments show, have a beneficial effect on the female body. With the systematic consumption of sea buckthorn juice, the risk of developing ovarian cancer is reduced, the symptoms of vulvovaginal atrophy, which often develops during menopause, endometriosis , inflammation of the uterus, etc. are alleviated ^[28]

10. Can be used in the treatment of Aujeszky's disease

Aujeszky's disease , also called pseudorabies , or infectious meningoencephalitis , is a viral infection that mainly affects warm-blooded animals, but can also manifest itself in humans in the form of itching and fever. During medical experiments, scientists were able to find out that systematic consumption of sea buckthorn juice at different periods of the virus's life cycle reduces the likelihood of its penetration into cells. That is, sea buckthorn juice in this case acts as a natural, but at the same time very effective antiviral drug. ^[29]

11. Effectively used in dentistry

Due to its unique antimicrobial properties, rich in flavanoids , in particular isorhamnetin , sea buckthorn juice is often prescribed by dentists for the treatment and prevention of various inflammatory processes in the oral cavity: stomatitis, gingivitis, periodontitis , bleeding gums, etc. ^[30]

Contraindications and features of consuming sea buckthorn juice

Despite all the benefits of sea buckthorn juice, it also has a number of contraindications. In particular, an excess of a drink rich in microelements can cause an allergic reaction in the body. The recommended daily dose is 100 ml of juice twice a day between meals. It also cannot be ruled out that a person who has not previously consumed sea buckthorn or products derived from it may have an individual intolerance. Therefore, for the first time you should try sea buckthorn berries or fresh juice from them carefully, in small doses, carefully monitoring the body's reaction.

You can drink sea buckthorn juice either pure or diluted. The latter option is often used in children's menus. Nutritionists do not recommend that children drink concentrated natural fresh sea buckthorn , but recommend diluting it with water and other drinks before tasting: compotes, fruit drinks, vegetable or fruit juices, etc. Sea buckthorn juice can also be used in the food industry to diversify the usual palette of flavors and enrich products with additional biologically active compounds. For example, wheat beer enriched with 5% fresh sea buckthorn , according to experts, promises to become a new trend in the brewing industry in the near future. ^[31]

It is recommended to limit the consumption of sea buckthorn juice in case of urolithiasis, acute cholecystitis and pancreatitis. It is also worth considering that sea buckthorn thins the blood. Therefore, this juice should not be consumed after injuries and operations to avoid the risk of bleeding.

Recommendations for preparing and storing sea buckthorn juice

Before processing, it is recommended to carefully sort the berries, clear them of debris and small leaves, rinse and dry. To extract juice, you can use a juicer or juicer, or, after slightly boiling the fruits, throw them in a colander and squeeze out the healing liquid using gauze. The pomace remaining after spinning should not be thrown away. They can be used to prepare healthy sea buckthorn oil, rich in

unique unsaturated fatty acids, which is often used in cosmetology to prepare cosmetic products that improve the condition of dry, flaky and aging skin. ^[32]

The prepared juice can be stored in the refrigerator (no more than a few days). For longer storage, it is recommended to freeze the product (when frozen, it does not lose its beneficial substances) or canned, having previously pasteurized it.

Expert commentary

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Sea buckthorn juice is a tasty, refreshing and very healthy drink. With its help, you can get rid of many health problems, improve the condition of the liver and gastrointestinal tract, lose weight, strengthen the cardiovascular system, and cleanse the body of toxins and parasites. Add this healing drink to your family's diet and see its benefits and effectiveness from your own experience!

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